

## THE REVIVAL OF PALE YELLOW

BY ANNE RITTENHOUSE.



CANARY YELLOW WRAP TRIMMED WITH UNCURLED GRAY STRIPES. WORN OVER A SIMPLE GRAY FROCK WITH SIDE DRAPERIES.

longer every time the sun rises and sets, it does not need a prophet to tell the story of fashion in the immediate future.

## BEAUTY CHATS

BY EDNA KENT FORBES.

## Dainty Surroundings.

I think I have told before in this column the story of the woman who was really very lovely but who gave every one the impression that she was beautiful because she surrounded herself with beautiful objects and made her person, her clothes and her home exquisitely dainty. She wasn't rich, in fact, she was rather poor. She wasn't particularly intelligent nor even very clever. What she did any woman can do.

Like Mrs. X, every woman wants to seem beautiful. Mrs. X felt that she was somewhat colorless, having drab color hair and small light eyes, so she introduced color into her home. She had walls done in pale yellow to make her background and against their plainness she put cheery and distinctive looking crochets. Where furniture was hopelessly heavy, cumbersome and ugly, she used bright-toned enameled. She herself had an awfully old, dingy, fireproof and felt that she had a somber personality. She did not want to emphasize with living with dull backgrounds and heavy furniture.

As she could not spend money buying new and artistic things and as there is a limit even to the possibilities of paint and enamel, she found

many parts of her house unsatisfactory after the rejuvenation. But wherever a room did not entirely please her she put flowers, not ugly rubber plants or stiff palms, but really hanging ivy and flowers with colorful blooms. In the summer she made herself a quaint old-fashioned garden. For her clothes she chose not somber black nor trying brown, but soft and dainty colorings.

L. L. T. W.—Rosy cheeks depend upon so many things it is impossible to give a formula that would help you attain them. Often when the skin lacks color it is because of too little oxygen in the blood and deeper breathing, or more exercise that induces deep breathing, will correct the trouble.

Thin—Coco butter is nourishing and will assist you in filling out the hollows, but since you are very thin all over, it is best to build up your general health and increase your weight. Drink plenty of milk and other nourishing liquids.

Auburn Hair.—If you have been eating a great many strawberries this season it would account for this hair. That many people are afflicted with at present. A cure means to simplify the diet for a few days and drink plenty of water. An occasional fast for twenty-four hours, while plenty of water is taken, will help clear the system and rid the complexion of blemishes.

## PERSONAL HEALTH SERVICE

By William Brady, M. D.  
Noted Physician and Author.

## Fletcherism for Fat Folks.

Horace Fletcher weighed as much as 217 pounds at one time, and he was sixty-seven inches tall. In 1898 he weighed 205 pounds in summer clothing. Then he began his famous experiment (masticating every morsel until the taste had wholly disappeared.) In about three months he weighed 182 pounds—the waist measure had been reduced from forty-three to thirty-seven inches. He was then forty-nine years old. He wrote that "The energy and desire for activity with immunity from fatigue, which was the characteristic equipment of twenty years ago returned, but of course, the trained muscular strength or suppleness of athletic days."

The food "invited by appetite" consisted of "about thirty ordinary mouthfuls of potato, bread, meat, or anything selected by appetite, masticated and manipulated to the end, some time a day was taken for convenience and because it seemed, under the then existing circumstances, best to eat what was offered to the time set by nature for eating." That was at midday. He wrote that he rose about daylight and began eating or other work, that by 1 o'clock he usually was "worked out," and then he had finished a fair day's work, and stopped for his meal. He experienced no craving for anything since the midday meal of the day before. He chose to eat whatever appeared on the menu, whether some meat, some fish, cup of coffee, milk, potato, fruit, bread and butter—anything whatever. "About thirty mouthfuls of these, disposed of in something less than twenty-five hurried sips of mastication or other movement of the mouth, and taking about thirty to thirty-five minutes, satisfied the appetite so perfectly that all the ices and desserts on a sumptuous bill of fare had no attraction."

Fletcher urges the sipping of all beverages that have any taste—everything except water. He drank very freely of water, but not when any food was in the mouth. He liked his cake at 11 o'clock, and he sipped it with much enjoyment. This sweetened coffee satisfied all desire for other sweet. He did not try to work or think for some time after this midday meal—rather he read, attended a ball game, took a walk or ride for two or three hours. New York business men seldom dawdle away more than two hours after midday luncheon—but certainly they are the champion dawdlers after lunch. I have often seen how business keeps going so well in New York with all the business men out to lunch a large share of the business day.

Fletcher did advocate rejection of all residue from the mouth after the mastication had extracted all taste. That is where he overstepped himself. It would be unwise to follow any such unphysiological practice. In view of Mr. Fletcher's remarkable success I can't understand how he ever happened to conceive such a thing. But take a tip from Mr. Horace Fletcher, fat folks and folks with alleged indigestion and stomach and liver complaints. His gastronomic policy was a great success. As I have said here on previous occasions, the man himself had wonderful physical endurance while following his own method of eating—he matched and surpassed the best of the physical endurance of physical endurance.

## QUESTIONS AND ANSWERS.

## The Stethoscope.

Can the stethoscope be relied upon in diagnosing diseases of the lungs or heart? Is it possible for one to have heart trouble which may not be detected by the stethoscope?—Miss S. F.

Answer. The stethoscope conveys to the doctor's ear the sounds produced by the lung or heart, and excludes extraneous sounds, so that he may concentrate his attention on the character of the sounds of lungs and heart. In many diseases of the heart and nearly all diseases of the lungs these sounds have more or less characteristic changes, which tell the doctor what is wrong. In some heart diseases, however, the stethoscopic examination is negative. So one might have very grave heart disease which could not be determined by the sound alone.

## Compulsory Vaccination.

My daughter will be old enough to enter school this coming term. Is it compulsory to have her vaccinated? Do you know any measures I can take to prevent having her vaccinated?—Mrs. J. A. P.

Answer. Probably a certificate from your physician will suffice, if there is some good reason why vaccination is not advisable now. For the little girl's own protection she should be vaccinated at the earliest opportunity. Unvaccinated, her beauty, liberty and life are to a certain extent jeopardized.

## Cress and Onion Salad.

Pick the leaves from the stalks of nice green cress and put in ice water to become crisp. Mince one small onion and add to the crisp cress leaves and serve on sliced tomatoes dressed with mayonnaise dressing.

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## As to Parasols.

Parasols are in for a good deal of attention. They are usually of quite substantial material.

There are some huge ones, really Chinese umbrellas, of oiled silk, quite as impervious to rain as to sun. That makes these pretty parasols doubly useful, for they protect from a summer shower as well as from the summer sun. They are quite the vogue at some of the beach resorts. They are decorated with designs of various sorts painted on by hand. These parasols, of course, come in many colors.

Indeed, it is quite the thing nowadays to have the parasol made rain-proof. This is not just like the sun-rain umbrella, for it is rather a parasol made to withstand the rain.

Some of these are made of figured silk, especially in Persian designs combined with plain silk. Broad stripes and floral designs are used also in these rain-proof parasols.

Some of the new parasols are lined with figured and flowered silk. Then there are cretonne parasols, lined with the same material—really a double parasol. And there are straw parasols likewise made double, that is, with a straw lining. These are usually decorated with straw flowers, either inside or out.

One of the charming details in parasols is the little ones. They ought to be carried by a girl wearing those fascinating new lace mitts, for they look distinct in the picture with mitts. They are descendants of the old-fashioned carriage parasol, with tilted handles, and though they would be little use in a fast-moving automobile, they would be decidedly useful at a garden party, a tennis garden, or some other outdoor festivity where parasols of the regular size would crowd the view of a neighbor.

## EFFICIENT HOUSEKEEPING

BY LAURA KIRKMAN.

## Canning Corn in the Surest Way.

Success in canning corn depends much upon the selection of tender, juicy corn which has not yet reached the starchy stage. If allowed to grow beyond the point of greatest succulence it becomes tough and dry and is not canned satisfactorily. Can it as soon after picking as possible. After removing husks and silk put the cobs in a cheesecloth bag and lower the bag into boiling water from one to three minutes (depending upon the tenderness of the ears; very young ears need but "blanching" in this way for only one minute). "Cold-dipping" follows, which consists of plunging the bagful of ears quickly in and out of a pan of cold water. Then the kernels are cut from the cobs as follows:

Some housekeepers like to cut the kernels very close to the cob and do no scraping; this method gives a canned corn with nearly whole separate kernels. Other housekeepers prefer to cut off the outer end of the kernel first, and then remove the lower end by a second cutting; this plan gives a creamy consistency to the finished product which is personally, like best. Still a third style of cutting the corn from the cob is that of slitting the end of the kernel and squeezing out the contents; this method gives a hullless product similar to the commercial "kornet."

Have sterilized glass jars ready. By "sterilized" I mean jars that have been put in a pan of warm water with their covers lying in the pan beside them, and left there till the water has been brought to the boiling

point and allowed to continue boiling for twelve minutes. Pack the kernels of corn in these hot, sterilized jars to within one inch of the top, add one and one-half teaspoons of salt and sugar mixed together (half in half) and boiling water to cover.

Insert a clean bamboo or smooth wood "paddle" (which is just a narrow, long strip of wood) into the jars, to help the boiling water to permeate to the bottom of the jar, then remove paddle, put on new rubbers (which you have dipped quickly in and out of boiling water), adjust the sterilized glass cover and put the top wire up over the cover, but do not press down the side wire.

If you are using a Mason jar screw down the top only half way.

Now comes the "processing." To be sure, corn may be processed by the one-period cold-pack method—which consists of boiling the jar on a rack in the washbowl for three hours on one day—but the surest method of processing it is to put the jar into the washbowl for one hour on each of three successive days, keeping them in room temperature overnight between each day's processing. This method gives the spores not killed by the first boiling of the jar a chance to develop into the easily killed vegetative form and then be destroyed by the second period of boiling. And the third period of boiling makes the method doubly safe. After each period of boiling the jars the side wire should be pressed down to completely seal the jar—but this wire must be raised again before processing the jar for the second and third time, to take care of the expansion of the corn caused by the heat.

## LISTEN, WORLD!

BY ELSIE ROBINSON.

The Shriners were going to parade in San Francisco. And it threatened to rain! Now a parade is a parade wherever it happens. But a rainy day in California is like nothing else on earth. It's a violation of all compacts. A perversion of nature. A malicious

parade started. Up Market street the parade began. A solid human bulkhead glowed and cheered. And then the rain began! Slow-drizzling—drops. The cheering stopped. Almost a groan arose. Then one by one the umbrellas opened. In an instant down the lines went serious, scurrying men, whispering: "Put 'em down! Remember it's 'Sunny California!' Don't let on it's raining, pal!" . . . And down the black um-



understanding. It simply ain't! It can't be! No one ever heard of it raining in California in June. Every Californian took it as a personal insult and explained the matter feelingly to the visitor. The visitor laughed. He was used to rains in June. He couldn't understand why it rained such a rumus. The more the Cali-

fornian argued the louder the visitor laughed. Then the Californians almost wept tears and their spirits took on a steady determination. This thing had gone beyond a mere matter of climatic manners. It had assumed the magnitude of a moral issue. Whereupon the following little incident happened: The parade started. Up Market street it poured in blinding waves, a surfeit of color spraying music as a foam. On either side a solid human bulkhead glowed and cheered. And then the rain began! Slow-drizzling—drops. The cheering stopped. Almost a groan arose. Then one by one the umbrellas opened. In an instant down the lines went serious, scurrying men, whispering: "Put 'em down! Remember it's 'Sunny California!' Don't let on it's raining, pal!" . . . And down the black um-

brilliant went. Let it rain! Were they going to double-cross their state for the sake of a measly hat? Not they! Laughing and wet, they faced the passing shower. The sky might forget its manners, but the gang stood loyal! That's the spirit, folks! Wasn't it bully! Doesn't it shoot a message home to you? Are the rains threatening? Never mind! Be a Sunny Californian by yourself, and don't surrender to a squalor of gloom. Buck the storms, pal! Meet the showers with a smile. Don't advertise your troubles, even to yourself! Act as if you didn't have any—and mighty soon you won't! Put the old umbrella down and face life with a grin!

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